

---

# *The Blue Horizon*

**E Kokua Pakahi Kakou**

---

**May 2002**

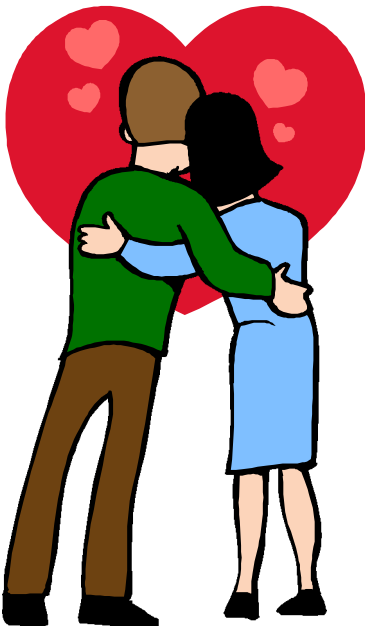
**ISC Honolulu Work-Life Newsletter**

**Volume 10 Issue 5**

---

## MILITARY SPOUSE APPRECIATION DAY MAY 11

A WARM & SINCERE "THANK YOU" IS EXTENDED TO ALL OUR COAST GUARD SPOUSES. WE HUMBLY RECOGNIZE ALL YOU DO - AND DEEPLY APPRECIATE THE ENCOURAGEMENT AND SACRIFICES YOU SHARE. YOU'RE ALL UNIQUE IN YOUR OWN RIGHT, AND YOUR GIFTS SERVE AN INTEGRAL PART IN ENABLING OUR MEMBERS TO STAND AT MISSION READINESS AT ALL TIMES.



### IN THIS ISSUE:

- ❖ Call for CISM Peer Volunteers
- ❖ Planning Guideline for a Successful Career Change
- ❖ EAP Bulletin
- ❖ Taking a Look at Our Caffeine Habit
- ❖ Summertime Leisure & Teens



Mission Statement: *Work-Life Programs enhance mission readiness through personal and command information, referral, and intervention for Team Coast Guard.*

# Critical Incident Stress... And What YOU Can Do About It

By  
Ms. Jeri Couthen

*The Employee Assistance Program Coordinator (EAPC) provides preventive education in lifeskills areas, crisis management, and resource referrals. The EAPC goal is to help Coast Guard members, civilian employees, and family members make independent, informed decisions that improve the quality of life.*

A critical incident is any event that overwhelms the normal coping mechanisms of a person or group of people who were exposed to the incident. It may be a large-scale catastrophe like the San Francisco/Los Angeles earthquakes; but it is more likely a smaller, less dramatic event such as a difficult search and rescue case or a mishap dealing with loss of life or severe injuries, a workplace injury, or even a traffic accident. The type of event is not as important as the impact that event has on the people exposed to it.

## What Can Be Done?

Critical Incident Stress Management (CISM) is an integrated "system" of interventions that are designed to prevent or mitigate the adverse reactions of the critical incident. Various interventions have been designed to accelerate normal recovery in normal people who are experiencing the normal signs, symptoms and reactions to totally abnormal events. These interventions have proven themselves over time, yet they are fine-tune as our experience grows.

The Coast Guard has CISM teams. Each team is led by a trained mental health professional and includes specially trained CISM peers. Coast Guard, peers are usually active duty military members, though, on occasion others are used.

## Peers

Peer support personnel are chosen because of their maturity (not age), and ability to work with people. They must have an understanding of the harmful effects of stress and have a desire to lessen stress in their fellow workers. They are dedicated and caring people who are willing to give their time and talents to assist their shipmates. Peers are usually the prime movers on a CISM team.

Sound interesting? Well, this is your chance to find out...Your Work-Life Staff is once again looking for

military members who are interested in being trained to function as CISM peers.

## Training

For those members interested in becoming a peer, training will be held 28-31 May 2002, and orders will be funded by Work-Life. We are seeking candidates for this training who possess good communication skills, maturity, and approachability. We are looking for a mix of people - across the scope of rank, rate, gender, and age.

## Minimum Criteria

The minimum criteria for choosing peer support personnel are:

- Emotional maturity
- Respect of one's peers
- Ability to keep confidences
- Sensitivity to the needs of other people
- Willingness to work as a team member
- Agreement to work within one's limits
- Agreement to follow the established criteria

## Calling All Volunteers

If you think you might be interested in becoming a CISM trained peer, send a letter or e-mail to Jeri Couthen, EAPC. Include a short discussion of your background, skills, and motivation for becoming a peer.

Please be sure to inform your command of your intentions, because participation will require Command approval and recommendation. Additionally, candidates may be subject to short notice requests to participate in Critical Incident Stress interventions (operational requirements permitting).

The number of training slots is limited and selection will be competitive. The original deadline for application was 1 May, but that has been extended to 6 May to reach the widest number of interested people. For more information contact Jeri Couthen at (808) 541-1585.

# PLANNING:

## Keys To A Successful Career Change

By  
Shirley D. Caban

*As the ISC Honolulu Transition & Relocation Programs Manager (TRM), my mission is to assist relocating and transitioning members and their families by providing them accurate, and comprehensive information. In addition, I provide employment assistance, which includes job referrals, resume assistance and information on duty stations for CONUS and OUTCONUS locations.*

*The following article was extracted from Job Seekers' Write Up – Employment Resource Guide*

A time-line can be a useful tool in conducting a successful job search. While the following information is specifically provided to help separating military personnel make smooth transitions into the civilian work force, these steps can be followed by anyone considering a career change.

You will find strategies to begin implementing 12 months before you wish to start your new job.

### 24-12 MONTHS

- See your career planner, research your options.
- Start financial planning; try to have enough money saved to cover at least four months of expenses.
- Check on health and life insurance.
- Start attending job fairs.
- Attend a Transition Assistance Program (TAP) class; bring your spouse.

### 9 MONTHS

- Begin a draft of your resume.
- Check out relocation options.
- Research jobs through all means available.
- Develop a network of co-workers on active duty and already separated.

### 6 MONTHS

- Keep networking in your chosen career field.
- Research employment addresses.
- Have your resume reviewed.
- List employers in your field.
- Research the job market.

### 5 MONTHS

- Network with friends, family and acquaintances. Tell everyone you're job searching.
- Keep attending jobs fairs
- Check on working and economic conditions where you want to live.
- Stick to your financial plan.
- See about fulfilling your active service through the ready reserve.

### 4 MONTHS

- Visit a Veterans' Affairs representative for information about education, disability, or available loans.
- Learn about healthcare options.
- Arrange for a pre-inspection of your quarters.
- Visit the Relocation Assistance Program office for information.
- Complete a government application for employment.
- Fill out Form DD295
- Compile a list of references.

### 3 MONTHS

- Check your separation code for involuntary separation benefit information.
- Attend a Disability TAP class if you have a disability claim.
- Prepare a will, or get answers to your legal questions at the Legal Office.
- Schedule a dental examination.
- Arrange for transportation counseling.
- Send out resumes and cover letters.

### 2 MONTHS

- Keep networking.
- Ensure your VA disability claim is complete.
- Register with the Employment Security Commission, providing worldwide listings.
- Schedule your separation physical.
- Determine eligibility for separation pay.

### 1 MONTH

- Schedule your move.
- Schedule your job interviews.
- Consider converting your Servicemen's Group Life Insurance to Veterans' Group Life Insurance.
- If you are unemployed at this time, you may qualify for unemployment compensation.

**Note: This information provided by the Career Resource Management Center at Marine Corps Air Station Cherry Point, North Carolina.**

**TAP** classes are held at Hickam Air Force and Pearl Harbor Fleet and Family Support Center. The experts are available to provide assistance in the transition areas.

**Pre-Retirement** seminars are scheduled in April and September and are held at ISC Honolulu's Work-Life

Center. Interested in getting additional information?

| Contact Shirley Caban at 541-1586

# FAMILY SUPPORT CENTER @ HICKAM AFB

*Building 1105, 449-2494 or 449-6475*

*www.hickam.af.mil/FamSup*

## **DEPARTMENT OF VETERANS' AFFAIRS (VA) BENEFITS**

**COUNSELING, May 7, By Appointment.** Direct from the Department of Veterans' Affairs to Hickam. A counselor will be available for individual 30-minute appointments to address questions and concerns regarding such topics as education, loans, life insurance, and disability and compensation for separating/retiring personnel.

## **FAMILY READINESS BRIEFING, May 6, 13, & 20, 1:00-2:00**

**pm.** Create your own personal/family care plan in advance. All AF active duty, civilian, and family members facing the possibility of a deployment or remote assignment are encouraged to attend. Learn about free phone cards, childcare, and car care.

## **HOW TO START AND EXPAND YOUR OWN BUSINESS.**

**May 14, 1:00-3:00 pm.** If you are thinking about starting your own business, this workshop is a must! Kim Hite, Business Development Specialist, US Small Business Administration (SBA), and Milton Kwock, Manager of the Business Action Center, DBEDT, State of Hawaii, join forces to present a general overview and key considerations for potential entrepreneurs.

## **INTERVIEWING WITH CONFIDENCE, May 21, 9:00-11:00**

**am.** Experts agree that the most critical part of the hiring process is the interview. Learn the skills and techniques to turn your apprehension into anticipation.

## **INVESTING MADE SIMPLE, May 29, 1:00-2:00 pm.**

This class is designed for the person who is thinking about getting started in investing for the future. It will provide a solid overview of investing vehicles, such as mutual funds and stocks, and will address your risk tolerance. Learn about the different resources available that can help you build your financial future.

## **LOOKING FOR EMPLOYMENT IN HAWAII, May 14 & 28,**

**8:30-11:00 am.** Let us help you find the job you want! Explore local employment trends, be informed on employment and education resources, and register to use the JEMS computerized job bank. Class size is limited. Registration is required.

## **MILITARY SPOUSE APPRECIATION DAY, May 10, 11:00**

**am.**

**12:00 pm.** The Family Support Center recognizes and appreciates military spouses for their contributions and sacrifices made to the Air Force. Join us in acknowledging them at the AAFES BXtra.

## **MONEY MANAGEMENT, May 1, 1:00-2:00 pm.**

This "hands-on" class will offer the participant the opportunity to create a budget using the automated program available in the Family Support Center's Resource Center. Participants will also use the PowerPay debt management software to assist with credit management.

## **NEW TO HAWAII FINANCIAL BRIEFING, May 15, 1:00-2:00**

**pm.** Designed for all E-4s and below at their second permanent duty station. This financial orientation will help you with your unique assignment to Hickam. This class will introduce you to the many services of the Personal Financial Management Program. Other topics include budgeting, the wise use of credit, and state and county

liability laws. Active duty members must register through their orderly room. All others, please call 449-2494.

## **PICK A WINNING MUTUAL FUND, May 22, 1:00-2:30 pm.**

You've determined your risk tolerance and asset allocation and are ready to invest. With over 8,500 mutual funds available, how do you choose one that meets your needs? This class will teach you the dos and don'ts to increase your chances of choosing the right mutual fund for you.

## **PLAYMORNINGS, Tuesday-Friday Sessions, May 1-31, 9:00-**

**11:00 am.** Free and fun playgroups. Parents and children ages 0-5 are invited to join our early childhood specialist for age-appropriate educational and recreational activities. All sessions are held at the Youth Center skating rink. No registration required.

**RESUME WRITING I, May 23, 1:00-3:00 pm.** The resume is the first step towards landing an interview. This class will provide you the necessary tools to make your resume competitive in today's job market. Topics of discussion include style, mechanics, "buzz words," and types of resumes.

**RESUME WRITING II, May 30, 1:00-3:00 pm.** You will have the opportunity to have your draft resume reviewed by other participants and FSC staff members. Resume I, TAP Workshop, or equivalent training is required prior to attending this class.

## **SALARY/BENEFITS NEGOTIATION, May 15, 9:00-11:00 am.**

This class will teach you the basics about benefit packages and various techniques of negotiating your "Total Rewards Package." A must for separating/retiring members entering the civilian workforce.

**SMOOTH MOVE, May 23, 9:00-11:00 am.** Being prepared makes relocation less stressful. Subject matter experts will update you on the latest policy changes that may impact your move. All members and/or spouses are encouraged to come. This class primarily focuses on active duty PCS moves.

**SPONSORSHIP TRAINING, May 2, 9:00-10:30 am.** Be a super sponsor! As the unit's ambassador, you can make the relocation to Hawaii a very positive experience. Let us help you by giving you a one-stop shop of the necessary tools and resources needed to be successful. Recommended for all and essential for the first-time sponsor.

## **TRANSITION ASSISTANCE PROGRAM (TAP) WORKSHOP,**

**May 7-9, 8:00 am-4:00 pm, Daily.** Join us for a smooth and successful move to a second career or to retirement. Instructors from the Departments of Labor, Defense, and Veterans' Affairs, and other community and base experts will provide information and training on the job search and other critical elements of the transition process. Spouses are highly encouraged to attend.

## **VOLUNTEER ORIENTATION, May 2 & 16, 11:45 am-12:45**

**pm (American Red Cross, Bldg 1113).** Volunteers are needed and wanted on Hickam. Learn about the many volunteer opportunities within the 15th Air Base Wing, PACAF, or tenant agencies. Schedule attendance through the American Red Cross at 449-1488.

**VOLUNTEER SUPERVISORY TRAINING, May 8, 11:45 am-12:45 pm (American Red Cross, Bldg 1113).** Supervisors can make a difference in a volunteer's life! Learn how to hire, motivate, and reward volunteers. Call American Red Cross at 449-1488 to register.

## Help for Broken Hearts in Broken Homes

By *Connie Wilson*

When happily ever after is suddenly interrupted by parents ending their marriage in divorce, the world of a child transforms. Their reliable, safe haven called home turns into a tenuous place full of fear, doubt and confusion. Often, even the most concerned parents become consumed by their own emotional turmoil. And some parents are so involved in their own emotional upset, they leave children to figure things out for themselves.

During a divorce, most children must deal with intense emotional turmoil from the perspective of a helpless observer. But young people can benefit if their feelings are at least acknowledged and understood by parents and other concerned adults. These feelings and concerns may fluctuate in intensity as the days and months go by.

**Shock** – The shock of a divorce can numb a child's feelings, protecting him/her from the overwhelming sadness and confusion before them. The shock can last for a long or short time and can reappear whenever chaos strikes. It also masks the child's pain from others. When a child appears to be taking a divorce well, it is important to remember they are still grappling with endless questions that reach the core of their being: Where will I live? Where will my parents, brothers, sisters, pets live? What about holidays, birthdays and sport events? What about our summer camping trip?

**Loss** – In a divorce, children face sudden, immeasurable and unexpected losses. The children go back and forth between parents' homes and have their lives uprooted on a regular basis. In doing so, they are constantly reminded that the thing they miss most is their other parent. They face the loss of life as they've known it – and an uncertain future.

**Anger** – Having to endure change is at the root of much anger. Children don't want their parents to divorce, they don't want to move, they don't want to see only one parent at a time, and they don't want to be in the middle of their parents' ongoing feuds. Sadness often results in anger, perhaps as a self-protection mechanism that allows a child to direct emotions outward rather than inward. If gentle understanding and relating to their fears doesn't help, it may be a good time to seek professional help.

**Worry** – A child with limited worries prior to divorce suddenly faces worries of insurmountable proportion. When will I see Mom and Dad? Will they be fighting? Who will pick me up from school? Children can worry so much that they lose their ability to think clearly or concentrate in school.

**Shame** – Some children feel so ashamed about their parents divorce, they don't even talk to their best friends about it. This isolates them from the help they need to move through the situation healthfully. Others may be motivated by their mortification to seek out other kids with divorced parents. This way they get a realistic view of the situation, are likely to begin to feel that things are not as dreadful as they originally feared and generate a new support system.

**Relief** – Some children may feel relief when their parents separate, especially if they have been exposed to persistent fighting or violence.

It is only speculation, not supported by scientific studies, but respect seems to be the key issue in helping kids to feel safe during and after a divorce. A broken home doesn't necessarily mean the children's hearts have to be broken. They will certainly be tender at first, and how we approach our children and our ex-spouse will affect how quickly and how well our children adjust.

If you know a young person who is having a difficult time during a divorce, contact your employee assistance program.

*Connie Wilson, PsyD, is a clinician at Workplace Wellness, a subsidiary of Stanislaus County [California] Behavioral Health and Recovery Services.*

## Inexpensive Life Insurance

Alcohol represents the biggest part of the nation's substance abuse struggle. According to the National Institute on Alcohol Abuse and Alcoholism (NIAAA), nearly 14 million Americans —7.4% of the population — meet the clinicians' definition for alcohol abuse or alcoholism. Several million more adults engage in risky drinking patterns that could lead to alcohol problems.

Mixing alcohol and driving is serious business. In 1997, alcohol-related automobile crashes killed more than 16,000 people— an average of one death every 32 minutes. In addition, an estimated one million more people are injured each year in alcohol-related crashes. About three out of every 10 Americans will be involved in an alcohol-related traffic crash at some point in their lives. Fatal traffic crashes, the leading cause of death for those aged five through 24, involved alcohol four times out of 10.

The most effective precaution is to not drink and drive and to not ride with a person who has been drinking. The money you spend on a cab ride could be the least expensive life insurance policy you'll ever purchase.

*Sources: Alcohol Health Research World; National Highway Traffic Safety Administration; US Department of Labor.*

## Redefining the Problem

When a stressful situation arises, stop and think about it — literally. Studies have shown that we can train our minds to regard an event negatively or positively.

So when you feel your pulse and breathing quicken and your blood pressure rising, take a deep breath and focus on redefining the problem. In *Resilience: Discovering A New Strength at Times of Stress* (Ballantine Books), Dr. Frederic Flach advises against dwelling on a situation's negative impact on you. The problem is already there, so don't get hooked into "would-a, could-a, should-a" thinking or blaming.

Rather, he says, turn your mind to finding a remedy for the problem or a way to avoid it in the future. Here are some examples:

**Redefining a relationship problem:** "She and I can't have a conversation without fighting. Why can't we communicate easily?" may be redefined as, "What can we do to respect each other's thoughts and feelings?" In the first question, the person asking it is convinced there's a communication breakdown. The "redefinition" question, however, looks for solutions and room for growth.

**Redefining stress:** "I never have enough time — my spouse wants me to attend to things at home, the kids want me here, the boss wants me there. How can I ever manage it all?" might be redefined as, "What's important to me? What do I like doing most of all or what do I need to do most of all?" The second line of questioning is an honest inquiry into what you can and cannot accomplish within your limits. Whereas trying to manage it all only makes it more stressful. Asking yourself how you can improve the situation opens the door for a successful solution.

**Redefining a work situation:** "This is the worst it's ever been. How can anyone work under these conditions?" may be turned to, "How can I take care of myself? What can I do to make this time easier for me?"

Just by taking a different look at a situation, we may be able to guard against disabling ourselves from the effects of stress. Think positively.

## 10 People Who Made It Big Despite A Rocky Start

**Louisa May Alcott** was told by an editor she'd never write anything popular. More than a century later, *Little Women* is considered one of the best American children's books of the past 200 years.

**Florence Chadwick**, the first woman to swim the English Channel, also attempted to be the first woman to swim from Catalina Island to the California coast. Caught in thick fog, she had to abandon her try, but only two months later she succeeded, beating the men's record by two hours.

**Louis Freeman**, the first African-American chief airline pilot, tried to join the Air Force after graduating from college but failed the required test. Not used to failing, he took the test again and passed.

**Walt Disney** was fired by a newspaper editor because "he had no good ideas."

**Charles Goodyear** was sent to debtor's prison before he discovered the process that revolutionized the rubber industry.

**John James Audubon**, the renowned naturalist artist, was roundly criticized for frolicking in the woods instead of going to school. Later, he bankrupted the family business.

**John F. Kennedy Jr.** had to take the New York bar exam three times before he passed.

**Steve Jobs and Steve Wozniak**, founders of Apple Computer, tried to sell the rights to their personal computer to a Hewlett Packard executive, who told them, "We don't need you. You haven't got through college yet."

**Michael Jordan** didn't make the varsity basketball team as a sophomore in high school.

**Abraham Lincoln** started out as a captain at the beginning of the Blackhawk War. By the end of the war, he had been demoted to private.

*Source: Perfectionism: What's Bad About Being Too Good? By Miriam Adderholdt, PhD, and Jan Goldberg (Minneapolis, Minn.: Free Spirit Publishing, 1999); and Southern Living magazine, August 1999.*

**Help available all day, all week, all year.**  
**1 800 222 0364      TTY: 1 888 262 7848**

**FOH**

**Federal Occupational Health**

*a division of the US Public Health Service*

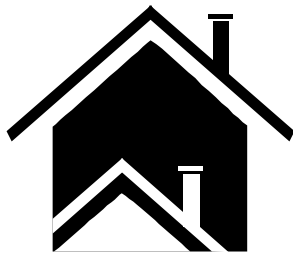
The EAP is part of the US Coast Guard Work-Life Program. Each Integrated Support Command (ISC) has a Work-Life Office and an EAP Coordinator. To contact a US Coast Guard EAP Coordinator, call your ISC Work-Life Office. For administrative details about the program, visit us on the Web, go to [www.foh.dhhs.gov](http://www.foh.dhhs.gov).

*Let'sTalk* is a derivative of *Health Sentry* (1042-699X), a trademark of Performance Resource Press, Inc., 2002, Troy, MI. *Let'sTalk* is published



quarterly to provide timely information to readers; its content is not intended as advice for individual problems. Editorial material is to be used at the discretion of the reader and does not imply endorsement by the owner, publisher, editor or distributors.

Copyright© Performance Resource Press, Inc., 2002.



# OAHU HOUSING CORNER MAY 2002

## HAZARDOUS HOUSEHOLD MATERIALS

There have been an increasing number of incidents of improper dumping of used motor oil within our KKH housing dumpsters. **USED MOTOR OIL CANNOT BE DEPOSITED WITHIN ANY DUMPSTERS IF NOT CONFINED WITHIN AN ABSORBENT CONTAINER SPECIFICALLY DESIGNED FOR THE DISPOSAL OF MOTOR OIL.**

If you are unsure about how to dispose of a material, or if you are unsure whether the material is considered a hazardous, call the Refuse Division at 523-4774.

Whether you are PCS'ing out of Hawaii or have too much unused products, try to use up as much of the hazardous household material as possible. Then ask friends, neighbors or non-profit groups if they can use the products. Call **HIMEX, the Hawaii Materials Exchange at 586-8143** to list usable products on a statewide database and broaden the possibilities for finding a taker for your product.

### Special Handling

The City schedules special Handling of Hazardous Materials every three months. The next drop-off day is Saturday, 8 June 2002. To make an appointment to drop off hazardous materials for the 8 June date, you must email or phone 523-4774 no later than Friday, 31 May 2002. Schedule an appointment for drop-off if you have these materials:

Acetone	Gasoline	Mercury	Rust Remover
Arsenic	Herbicides	Paint Stripper	Solvents
Boric Acid	Hydrochloric Acid	Paint Thinner	Swimming Pool
Chlordane	Insecticides	Paraquat	Chemicals
DDT	Kerosene	Pentachlorophenol	Turpentine
Fertilizers	Lead	Paris Green	Varathane
Formaldehyde	Lighter Fluid	Photographic Chemicals (muriatic acid, etc.)	Wood Preservatives

### Dispose On Your Own

<u>MATERIAL</u>	<u>METHOD</u>	<u>MATERIAL</u>	<u>METHOD</u>
Aluminum Cleaners	Flush down drain	Hair Relaxers	Flush down drain
Ammonia Cleaners	Flush down drain	Medicine (liquids)	Flush down drain
Antifreeze	Absorb and trash	Medicine (pills)	Trash can/Flush down toilet
Auto Battery	Return to retailer	Metal Polish w/Solvent	Trash can
Auto Repair Products	Trash can	Oil products (motor oil, cutting oil, fuel oil)	Absorb and trash
Bathroom cleaners	Flush down drain	Oven cleaner	Trash can
Batteries – Household	Trash can	Paint (see also Sprays)	Absorb and trash
Brake fluid	Absorb and trash	Primer	Absorb and trash
Bug Sprays	Sprays	Propane Tank	Drop-off
Diesel Fuel	Absorb and trash	Shoe Polish	Trash can
Disinfectants	Flush down drain	Toilet Bowl Cleaners	Flush down drain
Drain Cleaners	Flush down drain	Transmission Fluid	Absorb and trash
Fiberglass	Trash can	Tub & Tile Cleaners	Flush down drain
Floor Care Products	Absorb and trash	Varnish	Absorb and trash
Furniture Polish	Absorb and trash	Window Cleaners	Flush down drain
Hair Permanent Lotions	Flush down drain		

Flush down drain: Flush down the drain with plenty of water; rinse and throw empty container away in trash container.

Sprays: Place absorbent material in a plastic bag, spray till can is empty, being careful not to inhale the fumes; leave can in bag, then tie and throw bag away in trash container.

Trash container: Close container securely to prevent spillage, and then thrown away.

Drop-off: Take to a Drop-Off Convenience Center. Propane tanks must be empty. Or you can take tanks (empty or containing gas) to Gaspro for a fee.

Absorb and trash: Pour liquid into a plastic bag with absorbent material, such as shredded newspaper, old rags, or sawdust. Once liquid is absorbed, seal the bag, and then thrown away in the trash can. An oil change box provides the same results. Paints can be hardened in the can, and then thrown away.

Return to retailer: Retailers of car batteries are required by law to accept your old battery when you purchase a new replacement. For excess batteries, call a battery recycler or ask retailers if they'll accept additional batteries. Further information is available on the City and County website at [www.opala.com](http://www.opala.com) or you may contact the Housing Office at 831-2766 for further assistance.

# Take a Look: Your Caffeine Habit

By  
Jessica Dung, MS

*The ISC Honolulu Work-Life Health Promotion Manager is responsible for the development and management of the regional wellness program. She educates and encourages all members of the Coast Guard family to improve their health and wellbeing through a voluntary adoption of a healthier lifestyle.*

The following article was excerpted with permission from Barbara A. Brehm, Ed.D, professor of exercise and sport studies at Smith College, Northampton, MA and a contributing author to Fitness Management Magazine. Is caffeine good or bad? Tired drivers would say caffeine is good for keeping them alert. Workers attempting to solve problems in new and creative ways value caffeine's mental boost. People with headaches appreciate the relief caffeine brings. But people tossing and turning in their beds may be cursing that late afternoon cup of coffee. Irritable, stressed-out parents may be blaming their jangled nerves on too much caffeine in the family diet as they implore their kids to please settle down. Most adults appear to self-regulate caffeine consumption fairly well. They learn, perhaps through trial and error what amount of caffeine helps them feel alert and productive and when to stop before negative effects develop. Negative effects, such as stomachaches, nausea, nervousness, insomnia, and anxiety, encourage most people to limit caffeine consumption. Because caffeine is a powerful and habit-forming drug, it's a good idea to periodically examine your caffeine habit. Would you feel better if you reduced or eliminated the amount of caffeine in your life?

**Children and teens.** Children and teens are more sensitive to caffeine's effects, so they should limit their intake. Since children are usually alert enough without caffeine, why add fuel to the fire? If they are not alert, figure out what is causing the fatigue. Both children and teens should limit consumption to empty-calorie soft drinks, and replace them with more nutritious beverages, such as low fat or nonfat milk.

**Added fat and calories.** Watch out for added fats and calories in your caffeinated drinks. Sodas can be loaded with sugar, and coffee and tea drinks can be loaded with fats and calories.

**Irregular heartbeat, anxiety, or insomnia.** Reduce caffeine intake if you experience irregular heartbeats, anxiety, or insomnia. People who experience an irregular heartbeat when they consume caffeine feel like their hearts are beating too fast, or are "skipping beats." For some, any amount of caffeine is too much. Decaffeinated coffee, tea, and cola drinks may be safe, because the amount of caffeine in these products is

minimal. Many people experience feelings of stress and anxiety when they consume caffeine. This is because caffeine causes a version of the stress response in your body. To add insult to injury, people are more likely to overindulge in caffeine when they are under stress, and they end up feeling more stressed than before. Caffeine is a lone-acting drug, so some of the caffeine consumed early in the day is still circulating in your bloodstream at night. If insomnia is a problem, giving up caffeine may be the answer.

**Limit consumption.** Consume no more than two to five caffeinated beverages a day. Even if you do not experience negative caffeine effects, health risks begin to appear in people consuming more than two cups of coffee a day (16 oz) or somewhat larger amounts of tea or cola. Also, switch from coffee to tea if you experience ulcers or heartburn. Coffee (not caffeine) is the culprit, since it increases stomach acid production, so decaf is no solution. People with digestive complaints should reduce or eliminate coffee. Tea is not as likely to provoke stomach problems. Women should avoid caffeine when pregnant or nursing. High caffeine intake during pregnancy increases risk of miscarriage and low birth weight. Caffeine gets into breast milk, so nursing moms who consume caffeine may end up with irritable, fussy babies who have trouble sleeping. The jury is still out on caffeine and heart disease risk, but it is probably a good idea to limit caffeine anyway, especially coffee. Two substances in unfiltered coffee raise blood cholesterol levels. Coffee may also raise the level of another marker of heart disease risk, homocysteine, in some people. People concerned about anemia or bone density should keep an eye on tea and coffee. The polyphenols in tea and coffee interfere with iron absorption, so if you are taking iron supplements, drink your tea or coffee one hour before meals, and take the iron after the meal. Caffeine increases risk for osteoporosis, but only if calcium consumption is low. For answers to additional questions, consult your Unit Health Promotion Coordinator, your regional Health Promotion Manager, or ask your primary care physician. Remember...there is no magic solution to living a long, healthy life. Be well

# Summertime Leisure & Teens

By  
Ms. Mary Mansfield

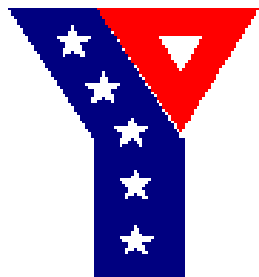
*The Family Resource Specialist (FRS) provides direct and referral services in the areas of childcare, elder care, scholarships for dependents, special needs, and adoption reimbursement.*

Summer is just around the corner, and soon your teen-agers will have time to spare on their hands. Between spending time with family and friends, or simply “being bored,” what can you, as parents, do to ensure your teen has a balance of work and play? Dr. Judy Wood of Virginia Commonwealth University in Richmond, Virginia, has these tips to help your teen enjoy a fun-filled summer.

- **Make a plan.** As a parent, are you a list maker? If so, chances are your teen will be one, also. Time management experts agree that the best way to get more accomplished is to write down what you want to do the night before. Start with the first priority and continue. You may not get to every item on your list, but this provides the motivation to mark off each activity. Try long-range plans, short plans, and daily activities.
- **Encourage summer reading.** Consider this case. Mark lived several blocks from the library. Each week he filled his backpack, hopped on his bike, and returned books that he had finished. “After I made my selections, I browsed through the sports, wildlife, and auto racing magazines,” stated Mark. “I didn’t realize how much good material is available. Now I don’t spend my allowance or money I earn for publications. I read for free!”
- **Research your family history.** This hobby can be fun as well as informative. As people mature, they want more family information. Encourage your teen to gain knowledge about religious, economic, and

political influences as well as the personalities of their ancestors.

- **Learn a new skill or hobby.** Why do teens get bored? Does it happen because of what *is* or *is not* happening? Usually, boredom is a state of mind. Teens can choose to accept this feeling or do something about it. Encourage a healthy curiosity about life. Beat boredom by having a hobby or two. Margaret E Mulac in her book, *Hobbies: The Creative Use of Leisure*, suggests 99 easy, low-cost hobbies teens could consider.
  - “Making” hobbies: antique restoring, basket weaving, ceramics, jewelry making, sketching, and woodworking, etc.
  - “Doing” hobbies: bird watching, camping, cheerleading, cooking, photography, reading, song writing, creative writing, etc.
  - “Learning” hobbies: anthropology, folklore, foreign language (Hawaiian or Japanese), computer skills, etc.
- **Host an Exchange Student.** This is an excellent way to learn about other countries, their people, culture, and language. Perhaps your teen would like to consider being an exchange student next summer. Consult with your school or university or the internet.
- **Be flexible and adapt to change.** When plans fail to mature, help your teen remember this is a fact of life. Have a “Plan B” or alternative course.



***Armed Services YMCA/AMR  
May 2002 Calendar of Events  
1875 Aliamanu Drive, Honolulu, HI 96818  
Phone # 833-1185, Fax # 834-3631  
E-Mail: ASYMCAAMR@aol.com  
Open Mon-Thurs, 8:00am – 1:30pm***

**PLAYMORNING**

A mobile playgroup **free of charge** in community centers and parks. A great opportunity to share ideas, learn through play, make friends and have fun!  
**THEMES FOR MAY - - Transportation/Nurses & Doctors**

**LOCATIONS & TIMES FOR AMR :**

- ASYMCA Pavilion M, W, Fr 9:30-11:00
- Red Hill CC Monday 10:30-12:00
- Ft. Shafter S-plgrnd Tuesday 9:30-11:00

**LOCATIONS & TIMES FOR PEARLHARBOR:**

- Pearl City Penn CC Monday 9:30-11:00  
Thursday 10:30-12:00
- Moanaloa CC Tuesday 9:30-11:00
- McGrew CC Wednesday 9:30-11:00
- Manana CC Wednesday 9:30-11:00
- Catlin/Halsey CC Thursday 9:30-11:00
- Hale Moku CC Friday 9:30-11:00

\*\*\*NOTE "CC" stands for Community Center

\*\* AMR Playmorning is now held in our classroom.

**KINDERMUSIK**

An early childhood music and movement program based on the belief that every child is musical. It will be available every Thursday. If interested, call Judy Wood at 624-2099. Classes and prices vary according to age. Welcome ages are Newborn to 7 years.

**LAMAZE**

This class provides great information & instruction on everything you need to know about childbirth and meets every Thursday for 6 weeks from 7-9pm. The next class begins on May 16, 2002 through June 20, 2002. **Payment for this class is due no later than May 9, 2002.** Any questions please call us at 833-1185

**T.O.P.S.**

Lose weight, have fun, find friends, join us to Take Pounds Off Sensibly. We meet at the ASYMCA/AMR every Wed from 5:30-7:00pm. Call Delcie Akua @ 623-1403 or Jayne Desamito @ 845-8195 for more information.

**NOW OPEN!!!!!!**

**CHILDREN'S WAITING ROOM**

The Children's Waiting Room is a place where you can drop off your child(ren) if you have a doctor's appointment. The Armed Services YMCA is in NEED of volunteers to keep this program running at Tripler Army Medical Center. If interested in volunteering, or placing an appointment, please call us at 833-1185. The hours of the waiting room are **Monday, Tuesday, and Thursday from 8:00-12:00.**

**ATTENTION: All expectant and new moms'.** **WELCOME BABY** offers a support group twice a month. Come join us for an adult craft and discussion on various topics. Kid's can come too. For more information or to RSVP please call Pam at 433-2109.

**DONATE YOUR VEHICLE TO THE ARMED SERVICES YMCA**-it's a win-win

situation for everyone! Donors earn a tax deduction based on the fair market value of the car. The Armed Services YMCA, using a reputable auto auction company, receives the profits from the sale of the car. These profits will be used to support Armed Services YMCA programs like Playmorning, Welcome Baby, The Children's Waiting Room, and the Single Sailor Drop-In Center. For more information, please call Dave Gomez at 473-1427

**UPCOMING EXCURSION**

**Where:** Sesame Street Live

**When:** June 16-23

For more information about the excursion please call 833-1185.

**KEIKEKARE BABYSITTING COURSE**

This course will be offered in June and July and is available to children ages 10 and up. However, only children 13 and above may be placed on our referral list. This class covers basic babysitting skills such as child development & childcare, emergency preparedness, age appropriate games and toys, first aid and CPR training. A minimum of 6 participants is required to offer this course. Please call 833-1185 for more information.

**FREE FOOD DISTRIBUTION:**

The Armed Services YMCA in conjunction with Hawaii Action Program (HCAP) will be distributing free food to low income families on **Wednesday May 8, 2002 from 9:00am-12:00.** For more information call 833-1185

--	--	--	--

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b><u>Dates to Remember</u></b> May 1 Lei Day May 12 Mother's Day May 18 Armed Forces Day May 27 Memorial Day ASYMCA Closed	May 8 <sup>th</sup> ASYMCA/HCAI Food Distribution	<b>1</b> <b>PLAYMORNING</b>  Amr-9: 30-11:00am McGrew-9: 30-11:00am Manana-9: 30-11:00am	<b>2</b> <b>PLAYMORNING</b>  Pearl City-10: 30-12:00pm Catlin/Halsey-9: 30-11:00am	<b>3</b> <b>PLAYMORNING</b>  Amr-9: 30-11:00am Hale Moku-9:30-11:00am
<b>6</b> <b>PLAYMORNING</b>  Amr-9:30-11:00am Red Hill-10:30-12:00pm Pearl City-9:30-11:00am	<b>7</b> <b>PLAYMORNING</b>  Ft. Shafter-9:30-11:00am Moanalua-9:30-11:00am	<b>8</b> <b>PLAYMORNING</b>  Amr-9:30-11:00am McGrew-9:30-11:00am Manana-9:30-11:00am	<b>9</b> <b>PLAYMORNING</b>  Pearl City-10:30-12:00pm Catlin/Halsey-9:30-11:00am	<b>10</b> <b>PLAYMORNING</b>  Amr-9:30-11:00am Hale Moku-9:30-11:00am
<b>13</b> <b>PLAYMORNING</b>  Amr-9:30-11:00am Red Hill-10:30-12:00pm Pearl City-9:30-11:00am	<b>14</b> <b>PLAYMORNING</b>  Ft. Shafter-9:30-11:00am Moanalua-9:30-11:00am	<b>15</b> <b>PLAYMORNING</b>  Amr-9:30-11:00am McGrew-9:30-11:00am Manana-9:30-11:00am	<b>16</b> <b>PLAYMORNING</b>  Pearl City-10:30-12:00pm Catlin/Halsey-9:30-11:00am	<b>17</b> <b>PLAYMORNING</b>  Amr-9:30-11:00am Hale Moku-9:30-11:00am
<b>20/27</b> <b>PLAYMORNING</b>  Amr-9:30-11:00am Red Hill-10:30-12:00pm Pearl City-9:30-11:00am <b>Reminder:</b> <b>27<sup>th</sup>-NO PLAYMORNING</b> <b>DUE TO MEMORIAL</b> <b>DAY HOLIDAY</b>	<b>21/28</b> <b>PLAYMORNING</b>  Ft. Shafter-9:30-11:00am Moanalua-9:30-11:00am	<b>22/29</b> <b>PLAYMORNING</b>  Amr-9:30-11:00am McGrew-9:30-11:00am Manana-9:30-11:00am	<b>23/30</b> <b>PLAYMORNING</b>  Pearl City-10:30-12:00pm Catlin/Halsey-9:30-11:00am	<b>24/31</b> <b>PLAYMORNING</b>  Amr-9:30-11:00am Hale Moku-9:30-11:00am

# Chaplain's Corner

By  
LT Daniel E. McKay, CHC, USNR

Prayer has been an integral part of our country from its inception, a steady source of strength, wisdom and guidance for us as a people. Born out of this recognition, the National Day of Prayer is observed on the first Thursday of May each year. Though we are a diverse nation—formed from many races, cultures and creeds—this event encourages us to unite in spirit and voice before our Creator to confess our reliance upon Him, devotion to His will, and invoke His continued blessings upon us. Hence, the theme and key verse for this year's observance are "America United Under God" and Christian Bible Psalm 46:1, "God is our refuge and strength, an ever-present help in time of trouble."

Certainly, this theme and verse are appropriate for all times, but especially so in view of all that has transpired in our country and world since September 11<sup>th</sup>. Today, as in days past, we need the lift and leading of God's almighty and loving hand. Though external and internal forces seek to divide us, unity in heart, mind, and purpose are provided through prayer before God's throne.

Benjamin Franklin's words to his fellow Americans at the Constitutional Convention of 1787 still ring true:

In the beginning of the contest with Britain, when we were sensible of danger, we had daily prayers in this room for Divine protection. Our prayers, Sir, were heard, and they were graciously answered...And have we now forgotten this powerful Friend? Or do we imagine we no longer need His assistance?

I have lived, Sir, a long time, and the longer I live, the more convincing proofs I see of this truth: 'that God governs the affairs of man.' And if a sparrow cannot fall to the ground without His notice, is it probable that an empire can rise [or long endure] without His aid?" (See pp. 342ff in

*The Light and the Glory*, by Peter Marshall and David Manuel).

Wise words for Mr. Franklin's day as well as our own. They call us to reflection and meditation: indeed, they call us to prayer. So, as in the past, may we again discover God to be our resourceful refuge and our sustaining strength.

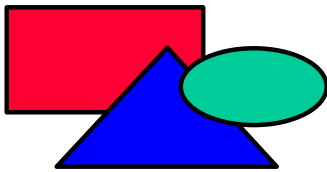
## Religious Faith and USCG History Calendar:

01 May 1898	USRC MCCULLOCH , under Commodore Dewey, fights at Battle of Manila Bay
02 May 2002	National Day of Prayer
03 May 1944	USS MENGES torpedoed by U-371
03 May 2002	Good Friday (Orthodox Christian)
04 May 1944	USS PRIDE with three escorts sinks U-371
05 May 2002	Paschal Easter (Orthodox Christian)
07 May 1945	USS MOBERLY and USS ATHERTON sink U-853
07 May 1994	Retiring of last HH-3F Pelican helicopter
08 May 1987	USCGC OCRACOCKE and other units make largest cocaine seizure to date: 1.9 tons
09 May 1942	USCGC ICARUS sinks U-352
09 May 2002	Ascension of Jesus (Christian)
11 May 1898	USRC HUDSON towed USS WINSLOW from certain destruction under Spanish forts
12 May 2002	Mothers Day
13 May 1905	Lighthouse Service extended to Guam
15 May 1862	USRC NAUGATUCK participates in bombardment of Drury's Bluff (James River)
16 May 1846	Eleven cutters assigned to aid the Army and Navy in the Mexican War
17 May 1919	LT Elmer Stone, USCG, makes first trans-Atlantic flight in Navy NC-4
17-18 May 2002	Shavuot (Jewish)
18 May 2002	Armed Forces Day
19 May 2002	Pentecost (Christian)
22 May 1967	USCGC BARATANIA provided first fire-support mission for Market Time operations
24 May 2002	Mawlid an-Nabi (Islam)
25 May 1877	Training of first Revenue Cutter cadets begins at Curtis Bay
26 May 2002	Trinity Day (Christian)
30 May 2002	Corpus Christi (Catholic Christian)
	Thanksgiving for Communion (Anglican)
	Memorial Day

In God's love,  
Chaplain McKay

Web Page: <http://www.uscg.mil/d14/chaplain/>





## Pearl Harbor, Serving the Hawaii Region

820 Willamette Street, Bldg. 193, Pearl Harbor, HI, 96860-5108  
Phone: (808) 473-4222

NCTAMS PAC Satellite Office  
500 Center Street, Bldg. 392, Wahiawa, HI, 96786-3050  
Phone: (808) 653-0203

[www.pearlharbor.navy.mil/ffsc](http://www.pearlharbor.navy.mil/ffsc)

# MAY 2002 CLASS SCHEDULE

**NO CHARGE FOR CLASSES.** Open to all active duty, reserve, and retired personnel, family members, and DOD employees.

To register for FFSC classes, call (808) 473-4222 and press 1, or [Register Online](#)

EMPLOYMENT ASSISTANCE CLASSES	DATE	TIME	*LOCATION
<a href="#">FEDERAL EMPLOYMENT</a>	MAY 21	5:00 PM - 7:00 PM	
<a href="#">INTERVIEWING SKILLS</a>	MAY 8	8:30 AM - 10:30 AM	NCTAMS PAC
<a href="#">INTERVIEWING SKILLS</a>	MAY 14	1:00 PM - 3:00 PM	
<a href="#">JOB SEARCH VIA THE INTERNET</a>	MAY 21	8:30 AM - 9:30 AM	
<a href="#">RESUME WRITING</a>	MAY 7	8:30 AM - 10:30 AM	
FINANCIAL CLASSES	DATE	TIME	*LOCATION
<a href="#">CAR BUYING STRATEGIES</a>	MAY 29	9:00 AM - 11:00 AM	
<a href="#">CHECKING ACCOUNT MANAGEMENT</a>	MAY 2	9:30 AM - 11:00 AM	
<a href="#">FEDERAL SURPLUS FOOD DISTRIBUTION</a>	MAY 8	9:00 AM - 3:00 PM	
<a href="#">LIFE INSURANCE BASICS</a>	MAY 13	1:00 PM - 3:00 PM	
<a href="#">LIFE INSURANCE BASICS</a>	MAY 30	9:00 AM - 11:00 AM	NCTAMS PAC
<a href="#">MANAGING MONEY AND CREDIT</a>	MAY 8	9:30 AM - 11:00 AM	
<a href="#">\$MILLION\$ DOLLAR SAILOR (I-II)</a>	MAY 20-21	8:00 AM - 4:00 PM	
<a href="#">\$MILLION\$ DOLLAR SAILOR (I-II)</a>	MAY 23-24	8:00 AM - 4:00 PM	NCTAMS PAC
<a href="#">SAVINGS AND INVESTMENT BASICS</a>	MAY 28	1:00 PM - 3:00 PM	
<a href="#">THRIFT SAVINGS PLAN (TSP) BRIEF FOR UNIFORMED SERVICES</a>	MAY 1	9:30 AM - 10:30 AM	
<a href="#">THRIFT SAVINGS PLAN (TSP) BRIEF FOR UNIFORMED SERVICES</a>	MAY 1	1:30 PM - 2:30 PM	
INFORMATION AND REFERRAL CLASSES	DATE	TIME	*LOCATION
<a href="#">GREAT SPOUSES ACADEMY</a>	MAY 23	8:30 AM - 2:00 PM	
OMBUDSMAN CLASSES/MEETINGS	DATE	TIME	*LOCATION
<a href="#">OMBUDSMAN BASIC TRAINING (I-VI)</a>	MAY 20-23, 28, 30	5:00 PM - 9:00 PM	
<a href="#">COMNAVREG HAWAII OMBUDSMAN ASSEMBLY MEETING</a>	MAY 16	6:30 PM - 8:30 PM	LOCKWOOD HALL
<a href="#">COMPATRECONFORPAC OMBUDSMAN ASSEMBLY MEETING</a>	MAY 29	6:30 PM - 8:00 PM	JOHN FINNE BLDG



COMSUBPAC OMBUDSMAN ASSEMBLY MEETING

MAY 14

6:00 PM - 8:00 PM

**LOCKWOOD HALL**

<b>PARENTING CLASSES</b>	<b>DATE</b>	<b>TIME</b>	<b>*LOCATION</b>
<u>DISCIPLINE AND YOUR SCHOOL AGE CHILD (AGES 6-10)</u>	MAY 9	8:00 AM - 10:30 AM	
<u>PARENTS! CAN WE TALK? YOU BET WE CAN! FOR ADOLESCENTS/TEENS (AGES 11-17)</u>	MAY 22	1:00 PM - 3:00 PM	
<u>PARENTS! CAN WE TALK? YOU BET WE CAN! FOR SCHOOL AGE CHILDREN (AGES 6-10)</u>	MAY 7	9:00 AM - 11:00 AM	
<u>PARENTS! CAN WE TALK? YOU BET WE CAN! FOR YOUNG CHILDREN (AGES 0-5)</u>	MAY 14	9:00 AM - 11:00 AM	
<u>PARENT SUPPORT GROUP</u>	MAY 21	11:00 AM - 1:00 PM	
<b>PERSONAL DEVELOPMENT CLASSES</b>	<b>DATE</b>	<b>TIME</b>	<b>*LOCATION</b>
<u>ADULTS MOLESTED AS CHILDREN</u>	MAY 14, 21, 28	1:00 PM - 3:00 PM	
<u>ADULTS MOLESTED AS CHILDREN</u>	MAY 2, 9	5:30 PM - 7:30 PM	
<u>ANGER MANAGEMENT</u>	MAY 29	5:00 PM - 7:30 PM	
<u>MARS AND VENUS COMMUNICATING</u>	MAY 7	5:00 PM - 7:30 PM	
<u>NEW DIRECTIONS SUPPORT GROUP</u>	MAY 2, 9, 16, 23, 30	3:00 PM - 4:45 PM	
<u>PARTNERS IN HEALING</u>	MAY 16	5:15 PM - 7:15 PM	
<u>SKILLS FOR MANAGING STRESS AND ANGER</u>	MAY 21	8:00 AM - 10:30 AM	<b>NCTAMS PAC</b>
<u>SKILLS FOR MANAGING STRESS AND ANGER</u>	MAY 22	5:00 PM - 7:00 PM	
<u>STRESS MANAGEMENT</u>	MAY 15	5:00 PM - 7:30 PM	
<u>UNDERSTANDING PERSONALITY TYPES IN PERSONAL RELATIONSHIPS</u>	MAY 2	1:00 PM - 3:30 PM	
<u>UNDERSTANDING PERSONALITY TYPES IN PERSONAL RELATIONSHIPS</u>	MAY 7	8:00 AM - 11:00 AM	<b>NCTAMS PAC</b>
<b>RELOCATION ASSISTANCE CLASSES</b>	<b>DATE</b>	<b>TIME</b>	<b>*LOCATION</b>
<u>ALOHA TOUR</u>	MAY 30	8:00 AM - 3:30 PM	
<u>CHINATOWN WALKING TOUR</u>	MAY 9	9:00 AM - 1:00 PM	
<u>SMART MOVE</u>	MAY 16	8:00 AM - 11:30 AM	
<u>SPONSOR COORDINATOR TRAINING</u>	MAY 2	8:30 AM - 10:30 AM	
<u>SPONSOR TRAINING</u>	MAY 23	8:30 AM - 10:30 AM	
<u>WELCOME TO HAWAII</u>	MAY 29	9:00 AM - 11:00 AM	
<b>SEXUAL ASSAULT VICTIM INTERVENTION (SAVI) CLASSES/MEETINGS</b>	<b>DATE</b>	<b>TIME</b>	<b>*LOCATION</b>
<u>SAVI VICTIM ADVOCATE INITIAL TRAINING (I-IV)</u>	MAY 21-24	8:00 AM - 4:00 PM	
<u>SAVI VICTIM ADVOCATE REFRESHER TRAINING</u>	MAY 14	12:45 PM - 2:45 PM	
<u>SAVI VWAP COORDINATION COMMITTEE MEETING</u>	MAY 6	1:30 PM - 3:30 PM	
<b>TRANSITION ASSISTANCE CLASSES</b>	<b>DATE</b>	<b>TIME</b>	<b>*LOCATION</b>
<u>CONSEP MID-CAREER WORKSHOP (I-IV)</u>	APR 30 - MAY 3	8:00 AM - 4:00 PM	
<u>EXECUTIVE TRANSITION ASSISTANCE PROGRAM (E-TAP) SEMINAR (I-II)</u>	MAY 8-9	8:00 AM - 4:00 PM	
<u>PRE-RETIREMENT COUNSELING CHECKLIST (DD FORM 2648)</u>	MAY 7	8:00 AM - 4:00 PM	
<u>PRE-SEPARATION COUNSELING CHECKLIST (DD FORM 2648)</u>	MAY 14, 21, 28	8:00 AM - 4:00 PM	
<u>SEPARATION TRANSITION ASSISTANCE PROGRAM (STAP) SEMINAR (I-II)</u>	MAY 15-16	8:00 AM - 4:00 PM	

---

**MAY 2002**

S

M

T

W

T

F

S

1

2

3

4

5

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

**All classes are located at the  
Fleet & Family Support Center, Bldg. 193,  
Pearl Harbor, unless otherwise indicated.**

22

23

24

25

26

27

28

29

30

31



U.S. Department Of Transportation  
United States Coast Guard

Commanding Officer  
USCG Integrated Support Command  
Work-Life Center  
400 Sand Island Parkway  
Honolulu, HI 96819-4398

Mailing Label

---

The Joint Employment Management System (JEMS), Marine Corps  
Base Hawai'i & MCCS Family Member Employment Assistance  
program present the

The Job Fair will be open to  
spouses and family  
members of active duty,  
active duty members,  
retired, reserve and DoD  
civilian employees island  
wide.

6<sup>th</sup> Annual MCBH Job Fair  
May 24, 2002  
9:00am – Noon  
at the Enlisted Club, MCBH

For more information, contact the MCCS Family Member  
Employment Assistance Program at 257-7790.

Due to the professional nature of this Job Fair, children will not be admitted.

## *FBI RECRUITMENT*

- Are you interested in a career as a Special Agent?  
Learn about the requirements by attending a  
career seminar.
- 20 MAY 2002  
Work-Life Center  
1000-1200
- Call Shirley Caban, Transition & Relocation  
Programs Manager, at 541-1580 to reserve a  
seat.

